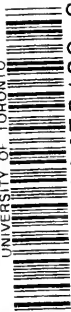


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georgewinton

( 2 Sept. 1926.

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THE CURES OF THE  
DISEASED

In Forraine Attempts of the English Nation







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In Forraigne Attempts of  
the English Nation

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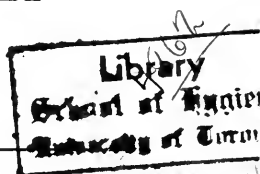
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REPRODUCED IN FACSIMILE

With Introduction and Notes

By *Charles Singer*



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O X F O R D

AT THE CLARENDON PRESS

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## INTRODUCTION.

THE kinship of letters and national enterprise has never been more happily illustrated than in the closing years of Elizabeth's reign. The world, grown more spacious, was daily yielding fresh material for the writers whose works form the brightest diadem in our national treasury. Within ten years around the turn of the sixteenth century, a series of nautical adventures in close association with literary productions shewed that if the seaman's romantic life exercised a moulding force on literature, literature in its turn was not without its influence on seacraft.

With all this interest in oversea attempts, attention was bound to turn to the *professional* needs of sailors, and a considerable literature intended for the use of seamen rapidly

## Introduction.

rapidly arose. Among these works it is not surprising to find a book on medicine adapted to the especial circumstances of the sailor's life. New and strange lands yielded diseases equally new and strange, and we may look to this period for the small beginnings of the study of tropical medicine in this country.

The pamphlet here reproduced in facsimile now lies in the British Museum library and is believed to be a unique copy. It is the earliest work devoted to Tropical or Naval Medicine published in English, and is not improbably the first work of the kind in any language.

### THE AUTHOR.

Richard Hakluyt in the dedication to Sir Robert Cecil of *The Third and Last Volume of the Voyages Navigations Traffiques and Discoveries of the English Nation*, published in the year 1600, wrote as follows:

‘I was once minded to have added to the end of these my labours a short treatise, which I have lying by me in writing,

## Introduction.

writing, touching *The curing of hot diseases incident to travelers in long and Southerne voyages*, which treatise was written in English, no doubt of a very honest mind, by one M. George Wateson, and dedicated unto her sacred Maiestie. But being carefull to do nothing herein rashly, I shewed it to my worshipfull friend M. doctor Gilbert, a gentleman no lesse excellent in the chieftest secrets of the Mathematicks (as that rare jewellately set foorth by him in Latine doth evidently declare) than in his own profession of physicke: who assured me, after hee had perused the said treatise, that it was very defective and imperfect, and that if hee might have leisure, which that argument would require, he would either write something thereof more advisedly himselfe, or would conferre with the whole Colledge of the Physicions, and set downe some order by common consent for the preservation of her Maiesties subjects.'

We may at once identify Hakluyt's Manuscript with our pamphlet. The name George Wateson corresponding to G. W. (see p. 4) the author of the little work, the close similarity of title and identity

## Introduction.

identity of subject, the nearness of the date of its publication to that of Hakluyt's note together with the valid criticism of Dr. Gilbert, the unusual feature of the use of the English language for a medical treatise, and finally the dedication to Queen Elizabeth, all these points may satisfy the reader that Hakluyt had before him either a written copy of our pamphlet or an improved draft of it with a slightly altered title.

The Gilbert whose just criticism Hakluyt quotes was William Gilbert (1540-1603), Physician to Queen Elizabeth and again for the last few weeks of his life to King James I. Gilbert, who by reason of his work on the magnet, 'that rare jewel lately set forth by him in Latine',<sup>1</sup> will always be regarded as among the greatest as he was certainly one of the most interesting of British men of science, became president of the Royal College of Physicians in the very year

<sup>1</sup> William Gilbert, *De Magnete, magneticisque corporibus, et de magno magnete tellure. Physiologia nova.* London, 1600.

## Introduction.

(1600) in which Hakluyt's volume was published. His scheme for a work by the college on the diseases of seamen was never fulfilled, and the project of Hakluyt and Gilbert for the systematic study of this subject was deferred to the end of the nineteenth century.

But who was George Wateson or G. W., the author of our pamphlet? We may hazard the guess that he was none other than the poet and swashbuckler, George Whetstone, remembered as the author of the crude play *Promos and Cassandra*, the original of Shakespeare's *Measure for Measure*. Whetstone, like many other Elizabethan writers, was accustomed to sign his productions with his initials only.

That the author of our pamphlet was at least well used to the writing of verse is apparent from the technically perfect productions on pages 5 and 25. Whetstone himself poured out a vast quantity of verse of which only a very small proportion can be called poetry.

He employed mainly two metres. For  
his

## Introduction.

his numerous dirges or 'Remembrances' of recently deceased notabilities<sup>1</sup> he used a verse of seven lines of five feet each, the first and third, the second, fourth and fifth, and the sixth and seventh lines always rhyming. The seven-lined stanza is a frequent device of the period. Borrowed from the Italian, it was used in English first by Chaucer and was revived in Thomas Sackville's *Mirroure for Magistrates* published in 1559 and in numerous later editions. This form of composition is illustrated on pages 25 and 6 of our pamphlet. Whetstone's other instrument is a stanza of six lines of five feet each, the first and third, the second and fourth, and the fifth and sixth lines rhyming. This metre is illustrated by the two stanzas on page 5.

The stanza on page 25 beginning 'Let no man boast of beauty, strength, or youth' has claims to be regarded as real poetry of a type not too common even in that verse-writing age. The sentiments however are

<sup>1</sup> Cf. 'Remembrances' on George Gascoigne, 1577; on Sir Nicholas Bacon, 1578; on Sir James Dyer, 1582; on the Earl of Sussex, 1583; on Sir Philip Sidney, 1586.

hardly

## Introduction.

hardly in touch with the character of our work, though they accord fully with Whetstone's habitual expression, and it may be suggested that this verse, written for another occasion, was considered by the author sufficiently apposite for insertion here. Thus in both form and sentiment the stanza is not unlike a verse published by Whetstone in 1586 in his 'Remembrance' of Sir Philip Sidney :

And what is life (the life of flesh and blood)  
A moments joie a blast, a blaze, a breathe,  
A bitter-sweate that yields no savory food,  
A certaine cause that brings uncertain death  
A rusty sword clos'd in a paynted sheath,  
Which being drawn to set the soul at large,  
They only live whom vertue hath in charge.

The banality of putting the table of contents into verse (page 6) is an offence of which Whetstone is quite capable. Typical of him is also the unctuous loyalty to the Queen exhibited by the verse on page 5, and by the dedication. The *English Myrror* of George Whetstone published in 1586 bore a dedication to Queen Elizabeth very similar to that of our pamphlet.

## Introduction.

pamphlet. Lastly, we may add that nearly all Whetstone's works appeared in pamphlet form of about the size and general get-up of the production before us.

The interest in Medicine shewn by Whetstone, if indeed he be the author of this tract, was not an altogether isolated phenomenon among the group of Elizabethan poets to which he belonged. Thus the novelist Thomas Lodge, the probable joint author of the play *King Leir and his Three Daughters* (1592-4), produced a *Treatise of the Plague* in 1603.

As regards Hakluyt's spelling of the name, *Wateson* instead of *Whetstone*, it may be remarked that Whetstone himself cannot have been sure of the spelling or even of the pronunciation. At least four forms of the name are found in books which he himself must have seen through the press. Thus he gives his name sometimes as Whetston, sometimes as Whetstones. Indeed in a single work he spells his name in three different manners.<sup>1</sup> Moreover, in

<sup>1</sup> *An Heptameron of Ciuill Discourses*, London, 1583, where the name is spelt Whetstone, Whetstons, and Whetston.



## Introduction.

one of his works, *The censure of a loyall subiect*, a character who is apparently his own mouthpiece is called 'Weston, a discrete gentleman'. In Middle English the word 'whetstone' appears as 'watstone' and 'weston'. Hakluyt's spelling, 'Wateson', is therefore as near as a stranger might be expected to reach in those times when the spelling of our language was not standardized as it now is.

George Whetstone lived the life of a typical Elizabethan gallant. All that is known of him is fully recounted by Sir Sidney Lee in the *Dictionary of National Biography*. Born about 1544, he led a wild youth, wasting his substance riotously. He entered the army in 1572 and fought against the Spaniards in the Low Countries, where he distinguished himself in the field. He returned to London in 1574, and his *Promos and Cassandra* appeared in 1578. In the same year he accompanied Humphrey Gilbert on his attempted voyage to Newfoundland, returning in 1579. Italy he visited in 1580. In 1585 he again entered the army, and in 1587 was back in  
London,

## *Introduction.*

London, having written his *Censure of a loyall subiect*. In a note preceding that work a friend T. C. explains that he is seeing the book through the press, G. W. being away in the country.

With this note George Whetstone apparently disappears from literature. Although he was not without literary friends, no notice has been found of his death, the date of which is therefore doubtful. If our pamphlet was really written by him, we may suppose that the intervening period of silence between his disappearance in 1587 and its publication in 1598 was occupied in part by travels in the West Indies and in part by the imprisonment in Spain to which he refers in the opening sentence of his dedication. He would thus have been about fifty-four years of age when the pamphlet was published, and was still living in 1600 when Hakluyt wrote his preface.

# THE CVRES OF

the Diseased, in remote  
*Regions.*

PREVENTING MORTALI-  
tie, incident in Forraine Attempts,  
of the *English* Nation.

*La honra mas vale,  
merecerla que tenerla.*



*At London*  
Printed by F. K. for H. L.  
1598.





TO THE QUEENES  
MOST EXCELLENT  
MAIESTIE.

**S**Acresd Soueraigne,  
in my iniust imprisonment in Spayne,  
it pleased God to afflict me with the Ta-  
bardilla Pestilence : whereof being  
incure, by an especiall Phisition of  
that King, I obserued his methode  
for the same, and such other Disea-  
ses, as haue perished your Maie-  
sties people in the Southerne parts.  
Which Remedies haue since, by my  
direction, taken the like good effects.

A 3

And

**THE PRINCIPLE.**

*And of perfect zeale to your Ma-  
iesties service, and Countries weale,  
I therewith acquaint your Highnes  
subiects. I nuocating God to preserve  
your Maiestie, enable them in  
your seruices, protect your King-  
doms, and suppress your  
Enemies.*

*Your Maiesties*

*loyall Subiect*

**(G.W.)**

## *The Writers intent.*

**M**An that is borne, not for himselfe is borne,  
But for his Prince, his Countrie, and his friends.  
To helpe the sicke, distressed, and forlorne,  
Are workes of mercie, men to men extends.  
Who hath the power, and meanes, and will not cherish,  
Shall with the hider of his Tallent perish.

Transgression first did sinne in man beget,  
Sinne, sicknes, death, and mischiefes many more:  
For as mens mindes on wickednes were set,  
So plagues increast, which were not knowne before.  
But God, whose mercie, iustice doth exceed,  
Sends helps for hurts, and salues for sores at need.

## The Bookes Content.

*The burning Feuer, calde the Calenture,  
The aking Tabardilla pestilent,  
Th'Espinas prickings, which men do endure,  
Cameras de Sangre, Fluxes violent,  
Th'Erizipila, swelling the Patient,  
The Tiñofo, which we the Scurucy call,  
Are truly here describ'd, and cured all.*

Si Dios no es adorado,  
nunca feras bien curado.





# The Cures of the Diseased, in remote Regions.

## THE CALENTURE.

**T**He *Calenture* (or burning Feuer) called by the *Spaniards*, *La Calentura*, is the most vsuall Disease, happening to our Nation in intemperate Climats, by inflammation of blood, and often proceeding of immoderate drinking of wine, and eating of pleasant Fruits, which are such nourishers thereof, as they preuent the conuenient meanes, that are vsed in curing the same.

B

To

## *The Cures of the Diseased,*

### To know the *Calenture*.

**T**He *Calenture* at the first apprehension afflicts the Patient with great paine in the head, and heate in the bodie; which is continuall or increasing, and doth not diminish and augment as other Feuers doo: and is an introduction to the *Tabardilla*, or Pestilence; whereof next is intreated: but then the bodie will seeme very yellow.


### To cure the *Calenture*.

**S**O soone as the Patient is percciued to be possesst of the *Calenture*; except the Chirurgion defer it for danger of the Signe (I haue seene the time of the day not respected) to open the *Median-veine* of the right arme, and take such quantitie of blood, as agreeth to the abilitie of the bodie, which not asswaging the heate, by the next day; to open the same  
Veine

## *in remote Regions.*

Veine in the left arme, and take so much more blood at his like discretion. And the bodie being Costiue (for so commonly the Pacients are) to giue him some meete Purgation; and not to permit him to drinke other then water coolde, wherein Barley & Anniseedes haue been sodden with brused Licorice. And if within foure daies the partie doo not amend, or being recouered doo take it againe; then open the *Sephalica veine*, in one or both hands, bathing them in warme water, vntill there comes so much more blood as cause requires. And not to suffer the Pacient to drinke, seuen dayes after he is perfectlie recouered, any other drinke, then such water as herein is directed.

## THE TABARDILLA.

 He Disease called by the *Spaniards, La Tabardilla*, and by the *Mexicans, Cocalista*, is named by other *Indians, Taberdet*: and is so ex-

B 2                      ceeding

## *The Cures of the Diseased,*

ceeding Pestilent' and infectious, as by the same, whole Kingdomes in both the *Indias* haue been depopulated : which seemeth to insue of the ignorance of the sauage people, to minister redresse to themselues. For the *Spaniards* and *Portugals* there inhabiting, and in their native Countries, where it is also contagious, before they had this knowledge, did aboundantlie die thereof. But now by applying the meanes here described, they are recouered of the same.

### To know the *Tabardilla*.

**T**He *Tabardilla* first assaults the Patient very vehemētly, with pain in the head and backe : and the bodie seeming yellow, is some signe thereof, and within 24. howres it is so torturous, that he that is possesst therof, cannot sleep or rest, turning himselfe on either side, backe and bellie; burning in his backe most extremely. And when it growes to perfection.

## *in remote Regions.*

fection, there will appeare red and blew spots vpon the Pacients brest and wrists. And such persons as haue not presently applyed vnto them, meanes requisite to preuent it, will be by the incomparable torment thereof, depriued of their wits. And multitudes haue desparingly slaine and drowned themselues, that by losse of their liues, they might finish their terrestriall paine.

### To cure the *Tabardilla*.

**W**Hen the *Tabardilla* is perceiued to afflicte the Pacient, permit him not to lie very warme, nor vpon Feathers (for of what qualitie soeuer he is in *Spayne*, hauing this sicknes, he is layd vpon Wheate straw:) Then immediatly open the *Median veine*, first in one arme, and the next day in the other, taking a good quantitie of blood: And let him haue water colde, wherein Barley and Anniseedes haue been sodden, without

B 3

Licorice

## *The Cures of the Diseased,*

Licorice (for I haue heard the opinion of good Phisitions of *Spayne*, that Licorice is hurtfull vnto them) so much as he will desire, which will be euery moment : but no other drinke, nor any raw fruits : and so soone as the spots appeare, giue him some Cordiall potion : and laying him vpon his bellie, set fixe *Ventoses* together in his backe, betweene and beneath the shoulders. And scarifying them, draw out (if it bee a bodie of strong constitution) 18. ounces of blood. After which, and that he hath slept, he will feelee ease within 24. houres, and finde such alteration in himselfe, as he will thinke that he is deliuered of a most strange torment. Then giuing him nourishing meats moderately (for he will desire to eate much) the fourth day giue him some cōuenient Purgation. And if in the meane while he is Costiue, prouoke him euery day by Clusters : and admonish him to forbearc fiteene daies all other drinke, then that is ordained. And to bee carefull of his diet :

## *in remote Regions.*

diet: for if this *Tabardilla*, which we call here in *England*, Gods Tokens, come againe vnto the Pacient, he can hardly escape it. And it is no lesse infectious, then the vsuall English Plague.

## THE ESPINLAS.



He *Espinlas* is a very strange sicknes, and vsuall in those parts, to such as take cold in their breasts, after great heat or trauell. And most times it comes to those that lye with their breasts vpon the ground (especially) in the night.

## To know the *Espinlas*.

THE partie hauing the *Espinlas*, will be giddie in the head, and haue pain and pricking at his breast, as with many thornes: wherefore I thinke it is so called of *Spina* and *Espina*, the Latine and Spanish words for a Thorne. And there will

## *The Cures of the Diseased,*

will be vpon *Hueso radio*, or *Focell*; being the vpper bone of his arme, a hand breadth about the wrist, a little kernell, by which it is certainly knowne. And he that hath this Disease, will not haue appetite to meate or drinke; nor cannot digest meate, although he bee procured to take it.

### To cure the *Espinlas*.

**T**He *Espinlas*, appearing by the former signes: Take Oliue oyle presently, and therewith chafe the kernell vpon the Patients arme, vsing so to doe twise euery day, vntill it bee dissolued: and laying Oyle likewise vpon his breast, stroke it vwarde somewhat hard with the hand: then spread fine Flaxe vpon it and the kernell, making it fast with a rowler: and within two or three dayes, the diseased thereof will be recouered. Whereas els it is very dangerous to depriue them of life.

LAS



*in remote Regions.*

*LAS CAMERAS, OR*  
*Cameras de Sangre.*



**T**HAT is Laxatiuenes, or  
Bloodie Fluxe, which in  
those parts proceedes of  
diuers causes. As by ea-  
ting of Grapes, Orringes,  
Limonds, Mellons, Plantans, and especial-  
ly a great Fruit that growes in the *VVest*  
*India*, called *Pina*, like a Pine-apple, but  
bigger then foure of the greatest that I  
haue seene; which the *Spaniards* doe re-  
pute to be the most delicate Fruit that is  
there, and many other Fruites. Also by  
sudden colde, or sitting (being very hot)  
vpon a colde stone, or, being hot, by  
drinking Water abundantly. And also  
eating of Butter, Oyle, and Fish, is so hurt-  
full to the parties that haue it, that they  
must refraine to eate thereof: and what-  
souer els, that defiles the entrailes, with  
any slimie substance.

C

To

## *The Cures of the Diseased,*

To cure *Las Camaras*, or *Cameras de Sangre*, which is the  
*Bloodie Flux*.

**W**ith the more expedition, that medicine is ministred to the diseased of *Cameras de Sangre*, *Laxatiuenes*, or *Bloodie Flux*, there is the more possibilitie it should preuaile. And detracting it, the Patients often die suddenly, without feeling much grieffe. For speedie and assured remedie thereof, the Patients bodie must bee clenfed of the slimines, engendered in the passages of the nutriments; before anie sustinance can remaine in his bodie. And for that purpose, giue to purge him in the morning, halfe a pint of white Wine coold, wherein  $\frac{1}{2}$  ounce of Rubarb hath been sodden, being small cut; putting in some Suger Candie to sweeten it. And immediatly after he hath so purged, keepe at his nauell Rosemarie sodden in strong Vineger, applied

## *in remote Regions.*

plied in the morning and euening verie hot, vntill it be stayed: giuing him often Quinces brused and rowled in Marmel-let like Pils, which hee should swallowe whole, and none of the Fruits, or meates before recited, nor any more white wine, but red wine of any sort. And if it be on Land, the liuers of Goates (especiallie) Sheepe, or Bullocks roasted: not willingly permitting the Pacient to eate any other meate. And if at Sea, Rice only sodden in water, rather then any thing else vsuall there, vntill the infirmitie is perfectly asswaged.

## THE ERIZIPILA.



He *Erizipila* is a Disease very much rainging in those Countries, the rather proceeding of the vnwholesome aires and vapours, that hot Climates doo yeelde, whereof many people doo perisht. And

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it

## *The Cures of the Diseased,*

it is found incurable, except it be preuented by Medicines, presently ministred to the Patients vexed therewith.

### To know the *Erizipila*.

**H**E that hath the *Erizipila*, will bee swolne in the face, or some part of him, and it will be of yellow colour mixt with red. And when it is thrust with the finger, there will remaine a signe or dint of the same: and then by degrees it will fill againe to the former proportion. And it speedily infecteth the inwarde parts, because such swellings comes sooner to perfection in hot places, then in temperate Countries. And therefore the diseased thereof, must bee immediatlie provided of remedie.

### To cure the *Erizipila*.

**S**ome sauage people haue first found perfectly to cure this *Erizipila*, although

*in remote Regions.*

though it is the *Spanish* name of the *Maladie*; by brusing so much *Tobacco*, as will yeeld foure spoonfuls of iuyce, and to drinke it presently after they are infected therewith. And to launce the places swolne; thereunto putting *Casada* wet, and made in paste. Continuing in colde places and shadie, neere Riuer: and not to trauell or laboꝝr, vntill they are recovered. But the *Spanyards* in *India*, recover themselues by taking the same iuyce of *Tobacco*, and setting so many *Ventoses* vpon the swolne places, as they can containe, scarrifying them, and drawing out the corrupted Humour so congealed. And doing the like in two or three other parts of the bodie, where the Disease doth not appeare.

*The iuice of Tobacco, is very excellent to expell Poyson, and is the ordinarie remedie vsed by the Indians, and many other sauage people, when they are poysoned, and bit with Scorpions, or other venemous creatures. But*

C 3

they

## *The Cures of the Diseased*

*they presently make some kinde of incision, where they are bit or stung, and wash it with the iuyce of Tobacco: then applying the same brused thereunto, two or three dayes, they beale it up with dried Tobacco.*

### THE TIÑOSO.



He *Tiñoso*, or *Sceruey* is an infecting Disease, sufficientlie knowne vnto Seafaring men: who by putrified meates, and corrupted drinckes, eating Bisket flowrie, or foule crusted, wearing wet apparell (especially sleeping in it) and slothfull demeanour, or by grosse humours contained in their bodies, obtaine the same.

### To know the *Scuruey*.

Although most Chirurgions, and chiefly those that frequent the Sea, doo vnderstand how to discerne when their Patients haue the *Scuruey*; because  
it

*in remote Regions.*

it is so ordinary at Sea, as it hath been seldom seene, any Ship or Pinnice, to bee foure moneths vpon any Voyage, to any part of the world, not arriuing where they haue been supplied and relieued with the benefits of the Land: but some of the Companie haue had this Disease. Yet it is not impertinent here to insert the signes thereof: the rather, because I haue known some so destitute of knowledge, to discerne and cure the same, as the losse of men lost thereby, hath diuerred determined purposes to proceed on Voyages: and others to perish, when they returned out of hot Regions into cold Climates, where they haue had the lineaments of their bodies, that with heate are nimble and tractable to euerie motion of the spirits, dulled and benumbed with colde: which is a token that this disease is engendring in their ioints: and soonest appears by swelling of their ankles and knees, and blacknes of their gummes, or loosenes of their teeth, which

## *The Cures of the Diseased*

which will sometimes come forth, when there is not redresse ministred in season.

### Preseruatiues against *the Scuruey.*

**T**O preferue men from the *Scurue*, there must be care to prepare those things before rehearsed, well conditioned: the badnes whereof doth partlie breede the inconuenience. And men themselves must haue a discreet endeavour to auoid their owne ruine, by vsing exercise of their bodies. And such as are exempted from being commanded to doo labour, to hang by the armes twise or thrice euery day. And not to haue scarcitie of drinke in hot Climates: and comming into the cold, to be daily relieved with *Aqua vitæ*, or wine. Also it is a certaine and assured medicine against this Disease, to haue such quantitie of Beere brewed with Graynes and Long pepper, as in the morning twise euerie weeke



### *in remote Regions.*

week there may be giue a good draught to a man, proportioning three quarters of a pound of Graines, and three quarters of a pound of Pepper to a hoghead of Beere. But white Wine or Syder, boyled and brewed with Graynes and Long pepper, in like quantitie, is very singular good. And it is not fit to suffer the gums to abound with flesh: and therefore sometimes let them bleede, and cleere them with strong Vineger.

### To cure the *Scuruey*.

**T**He partie that hath the *Scuruey* settled in his mouth, must haue the corrupted and black flesh takē away, washing his mouth with strong Vineger wherein Graines and Long pepper haue been infused and brewed: and giue him the drinke daily that is before prescribed. And aswell such as haue it in their mouthes, as those that are swolne in their limmes, must haue some meete Purgation

D

## *The Cures of the Diseased,*

tion presently. But those so swolne or stiffe (for so some will bee without swelling) to scarifie the parts infected, and to applie thereunto a *Pultis* or *Cataplasme* of Barley meale, more hot then the Patient will willingly suffer it. So doing euerie morning, permit him not to rest two houres after, although hee being nummed or faint, be supported to walke: and not to suffer him to eate any salt meates, if other may be had.

*My selfe hauing 80. men, 800. leagues forth of England, sicke of the Scuruey, I caused this meanes of scarifying to be used, and to the places scarified, Pulteses (being destitute of the helpes mentioned) to bee applied of Bisket, beaten in a mortar, and sodden in water: which with the comfort of some fresh meates (obtained) recovered them all, except one person, and they arriued in England perfectly sound.*

Con-

## Conclufion.

**L** Et no man boaft of beautie, ſtrength, or youth :  
For like to flowres we bud, we ſpread, we fade:  
Nothing is certaine, but the certaine truth,  
To day a man, to morrow but a ſhade.  
His laſt apparell, cut out with a ſpade,  
Of Natures courſeſt ſtuffe (I meane) her molde,  
Muſt throwd the corps, that liuing ſhone in golde.

*Quando tengas, mas fortuna,  
mira que es, como la Luna.*



## To the Reader.

**T**HE cause that induceth mee, publickly to expresse the Cures of Diseases of such consequence, as euery iudiciall conceite may perceiue, to haue been the onely preiudice to our Nation, in the expeditions of our time to the Southerne parts: from whence in this and former ages, the English haue returned with renowned Victorie; yet exceedingly oppressed with extreame and penurious sicknesse, that hath much more preuented the proceeding and performing of their pretentions, than the power of Enemies: is not that I purpose, practitioner-like in Phisick or Chirurgerie, to assume vnto me anie knowledge in those Sciences and Faculties: but to possesse all men  
of

## To the Reader.

*of remedie for such infirmities , as in my  
own: experience, haue infinitelie impaired  
English Forces in intemperate Clymates.*

*Which I publish, for the good of those,  
whom cause may compell to haue  
vse thereof, and would  
be so censured  
of all.*

(      )

Imprinted at Lon-  
don by *Felix Kingston*, for  
Humfrey Lownes.  
1598.

## NOTES ON TEXT.

PAGE. I    *La bon[o]ra mas vale  
              merecerla que tenerla.*

It is better to deserve honour than to have it.

The printer, F(elix) K(ingston), and the publisher, H(umfrey) L(ownes), were both well known and fairly active in their business. The book itself is without typographical distinction, but the printer's mark, with its motto 'By peace plenty, by wisdom peace', though known in its general outline, is unique in certain minute details.<sup>1</sup>

PAGE 5. The two verses of 'The Writers intent' have no logical connexion with each other. The former verse, beginning 'Man that is borne', is thoroughly in Whetstone's most usual vein and was probably a verse he had by him; the second verse was perhaps written for the present volume.

PAGE 6. The type of jingle in the verse of 'The Bookes Content' was one of which Whetstone was often guilty.

ll. 9, 10.    Si Dios no es adorado,  
                  nunca seras bien curado.

If God is not adored

You ne'er will be well cured.

PAGES 7-9. By the *Calenture* is probably meant the condition now classed as 'heat-stroke', or 'sunstroke'. The word, which in Spanish

<sup>1</sup> There is no exact reproduction or mention of it in J. R. Mackerrow's complete *English Printers' marks before 1640*.

meant

## Notes on Text.

meant simply a heat or fever, was introduced into England from Spain about 1590. The Calenture was considered to be especially a disease of sailors in the Tropics, and by the popular fancy it was associated with a delirium in which the patient imagined the sea to be a green field and desired to jump into it. Stories are even told of the disease having seized upon entire crews.<sup>1</sup> Such a mad sea fever attacking a crew is attributed to the pranks of Ariel in *The Tempest* (Act I, sc. ii).

PAGES 8-9. *To cure the Calenture.* The Sephalica or Cephalic vein is a vessel in the arm well adapted for blood-letting. The effect of blood-letting is naturally identical, whatever vein be selected for the purpose, but at the date of our pamphlet much fanciful importance was attached to the choice of the vessel to be opened—an evil legacy from Arabian medicine.

G. W.'s treatment is in general of a strongly 'depletory' character. Nevertheless the outline of treatment suggested for the Calenture would appear to be by no means irrational.

PAGES 9-13. *Tabardillo* is again Spanish for fever, but the word, unlike Calenture, did not become naturalized in England. The word is still current in Spain, while in Mexico it is used

<sup>1</sup> Those bitten by the Tarantula were supposed to be similarly affected by a desire to jump into the sea (*vide* Athanasius Kircher, *Magnes, sive de Arte Magnetica, opus*, Rome, 1641, p. 870), as were also, at times, the St. Vitus' dancers of the Middle Ages. The subject of the Calenture in medical literature is reviewed by Edward Knight in the *British Medical Journal*, 1909, vol. i, p. 542 and p. 1276.



## Notes on Text.

to describe the disease known in Europe as typhus. Etymologically Tabardillo is probably a diminutive of the Latin *tabes*. The derivation from *tabardo*, a peasant's cloak, can hardly be maintained, though tempting in view of the vermin-borne character of the contagion of typhus.

Under the term *Tabardilla* our author is apparently describing cases both of yellow fever and of typhus. He describes an initial headache, jaundice, and vigil which would well apply to yellow fever, where, however, the purpuric rash is a rare phenomenon.

There are numerous Spanish works of similar date to our pamphlet which treat the Tabardilla as a new disease. Thus in 1574 the well-known medical writer Aloisius Toreus published at Burgos his *De Febris epidemicae et novae quae Latine Punctularis, vulgo Tauardillo, et Pintas dicitur, natura, cognitione et medela*. The term *febris punctularis* was applied by Fracastor, the father of modern epidemiology, to a disease which clearly corresponds to the modern typhus, but there can be no doubt that by less gifted writers this disease was frequently confused with true plague. It is the symptoms of typhus rather than of true plague that our author has mainly in his mind.

PAGE 11, l. 8. The legend of possessed patients drowning themselves is, as already explained, more usually attached to the Calenture than to the Tabardillo.

PAGE 12, l. 8. *Ventose*: an obsolete word for a cupping-glass.

## Notes on Text.

PAGES 13-14. The *Espinlas* would appear to be 'prickly heat', but the 'little kernel above the wrist' has no part in that disease.

PAGE 14, l. 1. The *Huesso radio* is the radial bone or focell, which is, however, only upper when the arm is placed with the thumb upwards and the fingers below.

PAGES 15-17. *Cameras de Sangre* comprise forms of tropical dysentery.

PAGES 17-20. The word *Erysipelas* is one of the most ancient surviving in the medical vocabulary, but though the disease now known under that name was described by the Father of Medicine, the term has acquired exact significance only in quite modern times. Our author, however, describes well *Erizipila* according to the present connotation of the term.

PAGE 19, l. 6. By *Casada* is meant Cassava or Mandioc, a plant extensively cultivated in the West Indies and in tropical America. The fleshy, tuberous roots are used as food, and from them is prepared Tapioca, a substance which can be made into a good cold compress.

PAGES 19-20. The use of Tobacco as a medicinal substance was very common throughout the latter part of the sixteenth century. The American Indians attributed magic powers to the substance and used it for every imaginable distemper. Their faith in the drug was shared by the early explorers of the Western Continent.<sup>1</sup>

<sup>1</sup> The subject of beliefs concerning tobacco has been broadly dealt with by the present writer, *Quarterly Review*, July 1914.

## Notes on Text.

PAGES 20-24. Scurvy was the terror of sailors until quite modern times, when the shorter voyages of steam vessels, the improvement in methods of food preservation, and the ease with which fresh food can be obtained, have combined to make this scourge but a memory among the seafaring population. Outbreaks of this disease, affecting as they did whole companies and crews, suggested an infective nature, but it is extremely improbable that this belief is justifiable.

The preservatives and remedies against the scurvy are reasonable and would probably prove fairly effective.

PAGE 25. *Quando tengas, mas fortuna,  
mira que es, como la Luna,*

When you have the best of fortune observe how like the moon it is [i. e. changing from day to day].





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